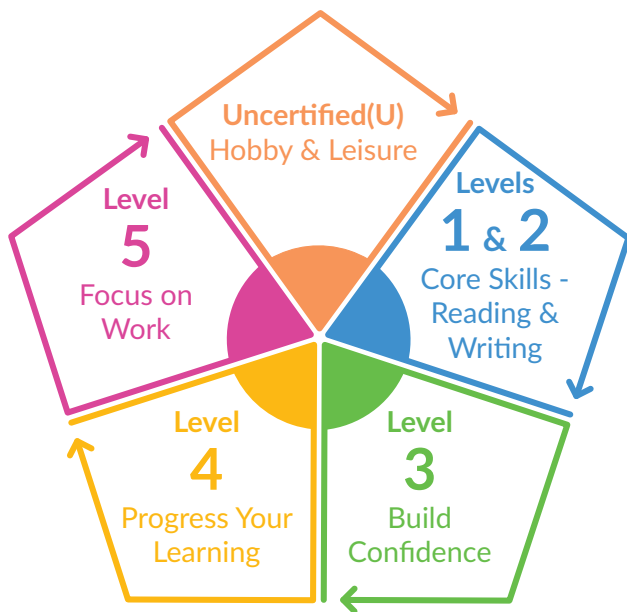


USEFUL INFORMATION

- Courses are FREE and Part-time.
- Most Courses in this brochure are certified with Quality and Qualifications Ireland (QQI), uncertified courses are also available.
- Courses vary in length from short 'taster' options to more intensive, year-long options.
- If you are in receipt of a Social Welfare payment, you will need to inform your local Department of Employment Affairs and Social Protection (DEASP) Office that you are applying for a course with us. In some cases (for example, Invalidity Payment) you will need to have the Department's approval.

FIND THE RIGHT COURSE FOR YOU:



"It brings you from the home to the local centre. What we have in the community is incredible, we have this local centre where you can do classes and they can start you off whether you just want to get out of the house or maybe do something that will get you a cert or a job."



CONTACT INFORMATION & HOW TO APPLY

- Visit the Further Education & Training Centre on O'Connell Avenue, or your local Community-Based Centre (see over)
- Completed Expression of Interest Forms to:
Further Education and Training Centre
O'Connell Avenue Campus, Limerick, V94 W651
T: 061 445700

Or apply online at: www.learningandskills.ie

General Information on the full range of Further Education and Training Courses available with Limerick & Clare Education and Training Board, you can:

Freephone: 1800707077
Email us on: coursechoices@lcteb.ie



Drop-in to our Information Hub on O'Connell Avenue - open daily



Ireland's European Structural and Investment Funds Programmes 2014-2020

Co-funded by the Irish Government and the European Union



European Union

Investing in Your Future

European Social Fund

Provision co-funded by the Government of Ireland and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014 - 2020.

Working in partnership with



Bord Oideachais & Oiliúna
LUIMNIGH & AN CHLÁIR
LIMERICK & CLARE
Education & Training Board

PART-TIME EDUCATION COURSES FOR ADULTS

LIMERICK CITY
2019/20

HOBBY & LEISURE



BUILD CONFIDENCE & CORE SKILLS



PROGRESS IN LEARNING



FOCUS ON WORK

CERTIFIED & UNCERTIFIED LEARNING'

COURSES IN THE CITY CENTRE OR IN YOUR COMMUNITY

FLEXIBLE TIMES SMALL GROUPS FREE

THINKING OF COMING BACK TO EDUCATION?

If you are returning to learning as an adult, you are embarking on what we hope will be a really rewarding and enjoyable experience...

Community Location & Contact(s)	Subject Areas
NORTHSIDE FAMILY RESOURCE CENTRE Mary Hughes: T: 061 326623 E: maryhughes@northsidefrc.ie	<ul style="list-style-type: none"> • Cookery (U) • Needlework (U) • Art (U) • Crafts (U) • Local history (U) • Gardening (U) • Complimentary Therapies (U) • Flower Arranging (U) • Breakfast Cookery L3 • Event Participation L3 • Early Childhood Education and Play L5 • Care of the Older Person L5 • Understanding Community Development L5 • Personal And Professional Development L6 • Care Skills L5 (Feb 2020) • Communications L5 (Feb 2020) • Supervision in Childcare L6 (Feb 2020)
LIMERICK CITY CDP St Munchins Helen Flanagan T: 087 2843172 E: helen@limerickcitycdp.ie Susan O'Neill T: 086 8162906 E: susan@limerickcitycdp.ie	<ul style="list-style-type: none"> • Driver Theory (U) • SPSV (Limo/Taxi/hackney) support class (U) • Introduction to iPads & Social Media (U) • Exercise for Older People (U) • Furniture Restoration/Woodcraft (U) • Cake Decoration (U) • Tile Mosaic (U) • Flower Arranging (U) • Art (U) • Smartphone Photography (U) • Jewellery Making (U) • Literacy through Computers L3 • Maths L3 • Communications L3 • Word Processing L3 • Web Design Level 4 • Digital Media Level Technology L4 • Culinary Operations L3 • Information and Administration L5 • Guarding Skills Level 4 (Feb 2020) • Reception and Frontline Office L5 (Feb 2020)

This section of the brochure details part-time courses for adults in 2019/20 offered in Community-Based locations. Here, local groups play a key role in organising courses and deciding on course content. This list includes the centres and options, however, courses also run in other community-based locations, including schools.

Community Location & Contact(s)	Subject Areas
GARRYOWEN CDP John Buttery T: 061 310690 E: john@garryowencdp.ie	<ul style="list-style-type: none"> • Confidence Building (U) • Needlework (U) • Health & Beauty (U) • Woodwork (U) • Health & Wellbeing (U) • Art (U) • Craft/Decoupage (U) • Beyond You Personal Development (U) • Holiday Spanish (U) • Cookery (U) • Interior Design (U) • Drama L3
LIMERICK CITY CDP - OUR LADY OF LOURDES ACTION CENTRE Kay Flanagan T: 087 6254216 E: kay@limerickcitycdp.ie	<ul style="list-style-type: none"> • Knitting & Crafts (U) • Beauty & Skincare (U) • Woodcraft (U) • Haircare (U) • Cookery (U) • Personal Development (U) • Health Related Fitness L4 • Reception and Frontline Office Skills L5 • Skin Care, Eye Treatments and Make-Up L5 • Work Experience L5 (Feb 2020)
OUR LADY OF LOURDES COMMUNITY CENTRE Denise Hannan T: 061 228596 E: denise.hannan@ololcsg.ie	<ul style="list-style-type: none"> • SPSV (Limo/Taxi/hackney) support class (U) • Art (U) • Craft (U) • Creative Writing (U) • Irish (U) • Woodcraft / Mens Shed (U) • Sewing/Alterations (U) • Culinary operations L3 • Reception Skills L4 • Care Support L5 • Care Skills L5 • General Office Skills L4 (February 2020)
SOUTHILL FAMILY RESOURCE CENTRE Jimmy Prior T: 061 440250 E: jimmyprior@eircom.net	<ul style="list-style-type: none"> • Introduction to iPads (U) • Driver Theory (U) • Cookery (U) • Fly-tying (U) • Barbering (U) & L3 • Carpentry (U) & L3 • Knitting (U) & L3 • Internet Skills L3 • Drama and Communications L3 • Culinary Operations L3 • Nutrition & Healthy Options L3 • Digital Media Technology L3 • Health Related Fitness L4 • Youthwork L5

Community Location & Contact(s)	Subject Areas
SOUTHILL HUB Aisling Lohan T: 061 603710 E: alohan@Southillareacentre.ie	<ul style="list-style-type: none"> • Cookery (U) • Fitness (U) • Arts & Crafts (U)
TAIT HOUSE Ann O'Mara T: 061 415340 E: aomara@taithouse.ie	<ul style="list-style-type: none"> • Bread Making (U) • Flower Arranging (U) • Haircare (U) • Woodwork (U) • Jams & Chutneys (U)
ST. SAVIOURS/QUEEN OF PEACE Angela O'Flynn T: 0868946733 E: oflynnangela@gmail.com	<ul style="list-style-type: none"> • Yoga/Pilates (U) • Art (U) • Creative Writing (U) • Irish (U) • Local History (U) • Tai Chi (U)
ST MARY'S ADULT EDUCATION CENTRE John O'Sullivan T: 061 313993 E: stmarysaded@gmail.com E: stmarysadedworker@gmail.com	<ul style="list-style-type: none"> • Crafts/Mosaics (U) • Art (U) • Irish (U) • Jewellery Making (U) • Sewing/Quilting (U) • Haircare/Upstyling (U) • Literacy L2 • IT Skills L2 • Internet Skills L3 • Digital Media Technology L4 • Internet L5
MOYROSS ADULT EDUCATION GROUP Josephine Sheedy T: 087 3379437 E: moyaded@gmail.com	<ul style="list-style-type: none"> • Fitness (U) • Sewing (U) • DIY (U) • Yoga (U) • Beauty & Skincare (U) • Cookery (U) • Crafts (U) • Haircare (U) • Woodcraft (U) • Drama (U) • Internet Skills L3 • Child Development & Play L3 • Culinary operations L3
ST. LELIA'S AGE FRIENDLY COMMUNITY EDUCATION CAMPUS Rachel McCarthy T: 061 458651 E: mccarthy14@gmail.com	<ul style="list-style-type: none"> • Tai Chi (U) • Guitar (U) • Line Dancing (U)

Courses are free but Community-Based Centres ask learners to contribute to the cost of tea/coffee.

THINKING OF COMING BACK TO EDUCATION? CONT'D

This section of the brochure details part-time courses for adults in 2019/20 offered mainly in our City Centre locations.

QQI LEVELS 1 & 2



Improving your Core skills

	No. hrs per wk
Return to Learning - Taking the First Step (U)	2
Confidence Building (U)	2
Introduction to Cookery (U)	2
Introduction to Creative Writing (U)	2
Managing Personal Finance (U)	1.5
Introduction to Technology/ iPads (U)	2
Introduction to Drama (U)	2
Book Club (U)	2
Family Learning for Parents (U)	2

Support Provided:

SPSV Support (U)	2
Driver Theory (U)	2
HACCP	1 day
One to one Literacy Support (U)	1

	No. hrs per wk
Introduction to Literacy (Reading, Writing, Spelling)	4
Improve your Maths through Baking	2
Improve your Literacy through Baking	2
Improve your Literacy through Technology	2
Computer Skills	2
iPads for Improvers	2
Introduction to Maths	2
Personal Safety	2

English for Speakers of other Languages

Introduction	1.5hrs x 3 days p.wk
Elementary	1.5hrs x 4 days p.wk
Intermediate	3hrs x 2 days p.wk



QQI LEVEL 5

FOCUS ON WORK

No. hrs per wk

QQI LEVEL 3 BUILD CONFIDENCE & CORE SKILLS

	No. hrs per wk
Information and communication Technology (33 wks)	
Digital Media	4
Word Processing	2
Computer Literacy	2
Computer Literacy & Word Processing	4
Internet skills	2
Introduction to Computers (Feb 2020)	4
Spreadsheets (Feb 2020)	4
Introduction to Art & Design (27 wks)	
Drawing L4	3
Printmaking	3
Introduction to Woodcraft (27 wks)	
Craft - Wood & Metal (Evening)	2.5
Food & Nutrition (30 wks)	
Nutrition and Healthy Options	3
Culinary Operations	3
Health & Fitness	3
Breakfast Cookery	3
Core Skill Additional Options	
Communications	2 - 4
Maths	2 - 4
Personal Effectiveness	2
Communication through Drama	2
Drama	2
Event Participation	2
Career Preparation	2
Work Experience	2

QQI LEVEL 4 PROGRESS YOUR LEARNING

	No. hrs per wk
Office Skills (27 wks)	
Customer Service Skills	4
Word Processing	2.5
General Office and Business English (Feb 2020)	2.5
Introduction to Culinary Skills (21 wks)	
Kitchen Skills	3.5
Short Order Cooking (Day & Evening)	3 - 3.5
Breakfast Cookery (Evening Feb 2020)	3
HACCP	12
Information and Communication Technology (30 wks)	
Computer Applications and IT Skills	4
Graphic Design (Jan 2020)	3
Health and Wellbeing (28 wks)	
Health Related Fitness	4
Exercise & Fitness L5 (Feb 2020)	4
Healthcare - with Intensive English Language	7
Retail Skills (30 wks)	
Retail Sales Techniques	3
Stock Control (Feb 2020)	3
Core Skill Additional Options	
Maths	3
Communications	2
Personal Effectiveness	2
Leaving Cert Maths Ordinary	5



Introduction to Creative & Multimedia (27 wks)	
The Internet	3
Computer Systems & Networks (25 wks)	
ICT Security Policy and Management	3
Maths for Information Technology (Feb 2020)	3
Business (29 wks)	
Word Processing	2.5
Reception and Frontline Office Skills	2.5
Text Production (Evening)	3
Spreadsheet Methods (Feb 2020)	3
Childcare (33 wks)	
Infant & Toddler Years (including Infant Mental Health)	3
Child Development (Feb 2020)	3
Health Service Skills (30 wks)	
Safety and Health at Work	3
Intellectual Disability Studies	3
Care Skills	3
Palliative Care (Evening)	2.5
Care of the Older Person (Feb 2020)	2.5
Activities of Living Patient Care (Feb 2020)	3
Infection Prevention and Control (Feb 2020)	3
Core Skill Additional Options	
Communications	2
Work Experience	2
Maths for STEM	5